

Walking in strength...

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The Sovereign LORD is my strength; he makes my feet like the feet of a deer, he enables me to go on the heights. - Habakkuk 3:19



"God is so good to me.

I (Columba Marmion) live now on my daily Communion.

All the morning I walk in the strength of the divine food,

and from the afternoon I live on the thought

of the following Communion, for It strengthens us

according to our desires and preparations.

Our Lord has promised that *'he who eateth Me shall live by Me.'*

**His life becomes ours,
the source of all our activity."**

Excerpt from: *Abbot Columba Marmion*
by Fr Raymond Thibaut